

MTS BEST PRACTICE GUIDELINES

Mending the Soul provides biblically-rooted and psychologically-proven abuse healing curricula and training that serves as a relational healing template to be delivered by professionals and non-professionals in community-based settings. MTS focuses on resourcing and training leaders first, allowing them to experience their own healing before walking others through the small support group experience.

Because the most damaging form of trauma is human-caused, it shatters the vital connections that are necessary for healing and restoration. Thus, MTS facilitators and mentors help offer some of the long-term emotional and spiritual support that is necessary to heal. We believe this is the most strategic way to break the inter-generational bondage of abuse and replace it with inter-generational healing.

Since Mending the Soul's model is intended to be self-directed and accessible to as many people as possible, our training is designed to help individuals who have completed an MTS Small Group lead others in their exploration of the materials. **Thus, we do not supervise, monitor, or endorse facilitators who complete our training.**

Students who successfully complete Mending the Soul's Online Basic Training Course are provided the following Best Practice Guidelines for hosting small groups. Mending the Soul wants to emphasize that not every guideline is a hard and fast rule. Instead, we provide them as guidance to facilitators. As a small group participant, Mending the Soul encourages you to inquire about your Facilitator's adherence to these guidelines and, if there are items that your facilitator is not following, engage in a discussion to determine whether or not the guideline is important to you.

1. Facilitators must seek assistance to heal from their own abuse trauma, including completion of their own MTS small group as a participant before they begin facilitating MTS small groups for others.
2. Facilitators are to be emotionally, spiritually, and physically ready to lead MTS small groups and to share their own story with appropriate language and within 10 minutes.
3. Facilitators are to be mature Christians, able to lead others with knowledge and wisdom from God's word.
4. Facilitators must have a strong support network that can assist them and, if needed, serve as a support referral source for participants in the MTS small group who may be struggling.
5. Facilitators are to establish oversight and prayer for themselves and the group through a church, organization, professional counselor, pastor, or mentor.
6. Facilitators must set aside sufficient time to support their scheduled MTS small groups.

7. Facilitators are to conduct an in-person intake for each small group participant prior to the beginning of the small group start date. Face-to-face over live online application is an acceptable alternative if the group is meeting online.
8. Each facilitator is to recruit another facilitator to help co-lead the MTS small group if at all possible.
9. MTS Basic Facilitators are to limit participation in their MTS small group to individuals 18 years or older.
10. Facilitators who co-lead must be of the same gender.
11. Facilitators are not to create new material or supplement any of the MTS small group resources.
12. Facilitators must only host live MTS small groups that are in-person or that utilize live online applications such as Skype or Zoom (all group meetings are in-person or face-to-face).
13. Facilitators are to ensure that each MTS small group participant completes all of the MTS small group forms provided in the MTS Facilitator Guide including:
 - MTS Small Group Intake form
 - MTS Small Group Agreement
 - Attachments for Confidentiality, Safe Group, and Crisis Response.
14. Facilitators are to maintain the confidentiality of each MTS small group participant and the written documents provided by prospective and actual MTS small group participants.
15. Facilitators are to follow all MTS guidance and training for hosting a Mending the Soul small group.